

Statistics Report 19096, Ice creams, vanilla, light, soft-serve

Report Date: June 26, 2017 17:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.60	--	0.153	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Energy	kJ	527	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	4.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Total lipid (fat)	g	2.60	67	0.116	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	1.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Carbohydrate, by difference	g	21.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Sugars, total	g	18.69	--	--	--	--	--	--	--	--	Calculated or imputed	19088	03/2009
Minerals													
Calcium, Ca	mg	157	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Iron, Fe	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Magnesium, Mg	mg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Phosphorus, P	mg	121	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991

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Potassium, K	mg	221	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Sodium, Na	mg	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Zinc, Zn	mg	0.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Copper, Cu	mg	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Manganese, Mn	mg	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Selenium, Se	µg	3.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Thiamin	mg	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Riboflavin	mg	0.198	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Niacin	mg	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Pantothenic acid	mg	0.447	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-6	mg	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	20.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Retinol	µg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2004
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	19088	05/2004
Lipids													
Fatty acids, total saturated	g	1.630	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
4:0	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
6:0	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
10:0	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
12:0	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
14:0	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:0	g	0.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:0	g	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total monounsaturated	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:1 undifferentiated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:1 undifferentiated	g	0.700	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:2 undifferentiated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:3 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.424	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.292	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Aspartic acid	g	0.345	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	0.923	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.241	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002